

Movement and Relaxation Yoga Skill Assessment

Name:	Skill: Tree
Critical Incidences	Personal Execution
<div data-bbox="303 396 686 972" data-label="Image"> </div> <p>Begin in Mountain pose, find a point somewhere in front of you to focus. Soften your gaze and remain fixed on that area. Breathe deeply and feel your body come into alignment. Slowly and smoothly, shift your body weight onto the left leg and begin to pull your right knee up toward your chest. Find the balance on your left foot from front to back. Be sure not to let the right side of your hip drop down. Press the left hip back; it should almost feel as if you are overcompensating. Keep your pelvis square while you bring the right knee out to the right side. Feel the front of your left hip and the inside of your right knee reaching away from each other. As you extend your tailbone down toward the floor place the sole of your right foot on the inside of your left leg anywhere that you feel you are comfortably, yet challengingly balanced. Press firmly. Moving slowly, place your hands in Namaste with your palms pressed together at the level of your heart. Continue to focus on your breath. As you inhale, raise your arms overhead and feel your chest and ribs lift higher away from your hips. Remain here from two or three breaths. Slowly release your arms and legs and loosen up the joints of your right leg.</p>	